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Table Talk

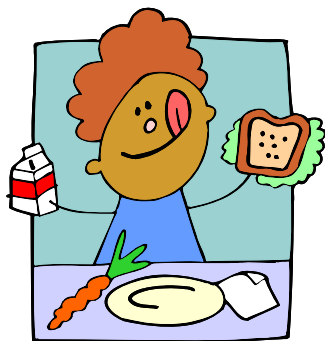
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"UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not."
-- The Lorax, Dr. Seuss

The Child and Adult Care Food Program

Welcome to Table Talk! Your eyes have just embarked upon the very first newsletter for Arizona's Child and Adult Care Food Program. We strive to maintain a quality program and feel this new undertaking will better enable us to do just that.

What can you expect? Our vision includes a quarterly newsletter that will be sent to our statewide Sponsoring Organizations. We hope to spark your interest by providing a variety of nutrition and physical activity topics. You can expect to find food facts, game and activity ideas, a featured recipe, and safety information. This newsletter will also serve to keep you updated on future trainings and compliance concerns within the CACFP.



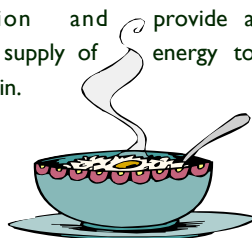
We are excited to share with you information about the benefits of participation. Speaking of such, do you know how many years the CACFP has made a difference in the nutritional standard and quality of meals? The Child and Adult Care Food Program has been active for 37 years, as it was founded in 1968. The program has continued to grow and, in FY 2004, reimbursed \$1,812,729,198 to promote healthy eating habits.

We invite your interests and suggestions. If there is a topic you would like to see in a future newsletter, please send your request to ccochra@ade.az.gov and we will do our best to include it. We hope you find this informative and fun. Enjoy!

Breakfast: A Bowlful of Benefits

We have all heard about the importance of breakfast, but did you know that certain foods may actually increase a child's ability to learn in school? According to two studies conducted by Tufts University, children (ages 6-8 years) who ate instant oatmeal showed better spatial memory skills (important for learning math and geography) than those who ate cereal or no breakfast. The oatmeal-eaters also

performed better on tests of concentration. Although more research is needed, scientists attribute these findings to the makeup of oatmeal. The whole grains, high fiber, and protein work together to help delay digestion and provide a steady supply of energy to the brain.



Kids who eat breakfast are more likely to:

- meet daily nutritional needs
- attend school more regularly
- keep weight under control
- not have tooth decay
- have lower blood cholesterol
- make fewer trips to school nurse's office complaining of tummy aches

- American Dietetic Association



Vitamin C: Use it or Lose it

There may be less vitamin C in your orange juice than you think. Researchers at Arizona State University found that once the container is opened, vitamin C in orange juice begins to degrade into a form that is unavailable to the body.

According to the nutrition facts label, a glass of orange juice supplies at least 100% of the Recommended Daily Value for vitamin C; however, it may contribute half that amount or even less, depending on how long it has sat around.

The packaging also affects the vitamin level. Juice made from the frozen concentrate had 2 to 3 times as much absorbable vitamin C as the ready-to-drink kind. Paper cartons with screw tops contained more vitamin C than those with gable tops, while plastic cartons had the least.

So, how can you ensure the orange juice you serve contains the most vitamin C possible? Don't buy or reconstitute more orange juice than you will serve in a week and, if buying cartons, make sure the "sell by" date is at least three weeks away.

-- Journal of the American Dietetic Association

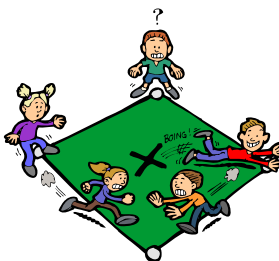
Lively Learning

Children learn through movement. We all know the proven health benefits of being physically active, but did you know that children develop social, emotional, and cognitive skills through movement? For young children, movement is a critical means of communication, expression, and learning. That is why it is so important that the classroom offers as many opportunities as possible for children to be physically active and learn through movement.

There are many ways movement and physical activity can be integrated within regular classroom curriculum. And because children are naturally interested in movement, this

relationship may spark an even greater interest in learning math, language, science, social studies, health, and other subjects.

Choose a theme and a period of time to run the "active" curriculum. For example, children might enjoy an Arizona Diamondbacks baseball theme. Here are some ideas for incorporating baseball into your curriculum.



Language: Read "The Little Engine That Could." Compare the little engine with a baseball player. Discuss how these athletes have dreams, and how it takes hard work and determination to achieve dreams. Encourage the children to act out their sporty dreams during a game of Charades.

Math: Children are fascinated with the concept of time. To reinforce number identification, show children how to use stopwatches and let them time each other running from "base" to "base."

For more ideas, visit www.pbs.org/teachersource/prek2/issues/202issue.shtm

Creditable Edibles

Let's Be Frank



Let's visit an all-time favorite: hot dogs.

Whenever purchasing hot dogs, be choosy. Make sure the brand you are choosing is creditable in the CACFP. For a complete listing of creditable and non-creditable frankfurters, consult **page 63** of your 2004 Creditable Foods and Simplified Buying Guide.

Have you ever wondered why it is called a "hot dog"? There are several stories out there. The most popular legend is that the name originated a century ago from a sports cartoonist. He drew a sketch of baseball game vendors selling these elongated sausages and shouting, "Get your dachshund sausages while they're red hot!" Unsure of how to spell dachshund, the cartoonist shorted the name to "hot dog" and the clever name just stuck.

-- www.hot-dog.org

Drink up!

Water is the most abundant substance in the body. Every system in the body depends on it. As the hot weather approaches Arizona, water becomes even more important. It helps lower body temperature and replaces what is lost through sweat. Since water cannot be stored, it must be replaced daily. About 75-80% of a person's daily water intake comes from what we drink; about 20-25% comes from the water contained in foods. How much water do YOU need each day?

To increase water intake:

- keep water pitcher in refrigerator
- offer water breaks to children on recess
- drink a glass of water between meals/snacks
- give children their own "water" cup
- add fresh lemon or lime to water

Daily Guide for Replenishing Water Loss

Life Stage	Fluid Per Pound of Body Weight
Infants	2.3 ounces
Children	0.75 - 0.91 ounces
Adults	0.2 ounces
www.feinberg.northwestern.edu/nutrition/factsheets/water.html	

MANDATORY

Application Renewal Training

There have been several changes in the Federal regulations which will require a full day of training for the 2006 application renewal process.

Class registration is on a first-come, first-serve basis. Registration is required. Please visit our website to select a convenient class. www.ade.az.gov/health-safety/cnp/cacfp



Compliance Concerns

Serving Soy?

If soy milk is being served as a substitute for cow's milk, the center must have a written medical statement or parental agreement on file for each child receiving the substitution. The statement must specify that soy milk is the appropriate substitution. Additionally, these meals are only eligible to be claimed if the soy milk is purchased by the center.

Communicable Diseases

Does your center have written procedures for reporting communicable diseases? If you do not have this in place, simply write down the procedure you go through when this occurs and file it with other CACFP-required documents. Your Specialist will be looking for this during your next review.

Let Us Help

Having CACFP troubles?

Believe us when we say we know how complicated and tedious our program is. That is why we Specialists are more than happy to come to your center and provide help in any areas with which you may be struggling. Just give your Specialist a call and request some technical assistance.

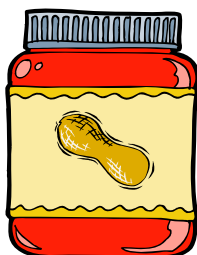
Safety Stuff

Peanut Butter Pantry

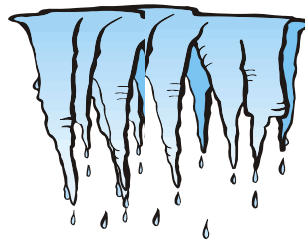
Storing peanut butter is easy. Just put it back on the shelf, right? Well, that depends.

Once opened, it is a good idea to refrigerate it to prevent the oils from becoming rancid and retard bacterial growth.

According to a national peanut butter manufacturer, peanut butter does not require refrigeration until after three months of being opened; however, refrigeration is recommended to prevent flavor loss. Natural peanut butter (the kind with the top layer of oil) must be refrigerated after opening because it contains no preservatives.



Thawing Threats



Forget to thaw the chicken overnight?

Have no fear; time to thaw is still here.

If you have to thaw in a hurry, make sure you are doing it in a safe manner. Never leave meat, fish, or poultry on a countertop to thaw. Bacteria thrive at room temperature and sitting there for more than two hours increases risk of foodborne illness.

If you are short on time, there are two safe options. Place the food in a microwave-safe dish and defrost or place the food in a water-tight plastic bag and submerge in cold water, changing the water every 30 minutes. Gradual defrosting overnight in the refrigerator is best because it helps maintain quality.

Taking Temperatures

Color can be misleading. According to the USDA, one out of every four hamburger patties turns brown in the middle before it is safely cooked and ready to eat. Ground beef should be cooked to an internal temperature of at least 160 °F to protect against foodborne illnesses, such as *E.coli*.

The Center for Science in the Public Interest (CSPI) ranks the **sweet potato** the #1 most nutritional vegetable and rated it significantly higher in nutrients than the Idaho potato, spinach, or broccoli. Results were based on dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron, and calcium.

Contrary to its name, the sweet potato is actually not a potato. In fact, it is not even a distant cousin. Potatoes are tubers; sweet potatoes are roots.

Is there a difference between a sweet potato and a yam? Technically, yes. Yams are tough tubers that grow in the tropics but not in the U.S. Yams are cream-colored inside, while sweet potatoes are dark orange. A true sweet potato is an enlarged root of the sweet potato plant that is starchy when harvested, but becomes sweeter six to eight weeks after storage.

Why are sweet potatoes called yams? African slaves in the South called the sweet potato "nyami" because it reminded them of the starchy, edible tuber that grew in their homeland. The Senegalese word "nyami" was eventually shortened to the word "yam".

Did you know?

- George Washington was a sweet potato farmer before becoming President.
- During the Civil War, the supply of coffee became so low that sweet potatoes were used to make tasty hot drinks. They were cut into thin pieces, dried, ground, and brewed just like coffee!

Baked Sweet Potato Shoestring Fries

- 2 T. orange juice concentrate, thawed
- 1 tsp. onion powder
- 1/2 tsp. salt
- 1/8 tsp/ ground red pepper (optional)
- 1 pound sweet potatoes, cut into 1/8-inch strips
- cooking spray

Preheat oven to 400°. Lightly cover baking sheet with cooking spray. In medium bowl, combine orange juice, onion powder, salt, and pepper. Add potato sticks and toss to coat. Arrange coated potato strips in single layer on baking sheet. Bake 10 minutes; turn carefully, and bake 10 more minutes or until edges are crisp.

For activities, recipes, or more info., visit www.sweetpotato.org.

One medium sweet potato provides 130 calories, 0.4g fat, 2.2g protein, 32g carbs, 4g fiber, 29mg calcium, 17mg sodium, 265mg potassium, 18mcg folate, 30mg vitamin C, and 26082 IU vitamin A.

The Child and Adult Care Food Program is available to all eligible children without regard to race, color disability, sex, or national origin. Any person who believes that he or she has been discriminated against in any USDA-related activity should contact the Secretary of Agriculture, Washington, D.C. 20250.



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